

## SIVANANDA ASHRAM BEACON YOGA CENTRE KARMA YOGA PROGRAM APPLICATION

**Please complete this form. All personal information provided will be treated confidentially.**

**Address: 151 South Street, Beaconsfield, Western Australia 6162 Phone 08 9335 9339**

[www.sivanandashram.org.au](http://www.sivanandashram.org.au)

Email: [info@sivanandaashram.org.au](mailto:info@sivanandaashram.org.au)

### OBJECTS OF THE ASSOCIATION

The Integral Yoga Association of WA will:

- (a) Provide a spiritual environment with deep respect for Swami Venkatesananda's legacy and for each other;
- (b) Promote the knowledge, understanding and practice of Yoga;
- (c) Offer teachings in Integral Yoga;
- (d) Provide accommodation to visiting Swamis and Yoga Teachers/Masters;
- (e) Maintain, manage, and operate the premises currently known as the Sivananda Ashram and Beacon Yoga Centre at 151 South St, Beaconsfield, Western Australia;
- (f) Raise funds, maintain, and manage all assets acquired by and or used by the Association for the purposes outlined;
- (g) Maintain a library and promote the teachings of Swami Venkatesananda and Swami Sivananda;
- (h) To promote and carry out charitable work for the benefit of disadvantaged individuals, groups of people and organisations;
- and (i) To make donations of any kind to needy charitable purposes.

Sivananda Ashram Karma Yoga Program is for those who seek to live life with a deeper understanding of their true nature. It is essentially a spiritual program that directs the practitioner to find their true Self and to come to an understanding of the nature of existence. There is no requirement to follow any particular religion; yoga is the path of self-knowledge not an external belief system. Please do not apply if you are not committed to supporting and following the spiritual program. We follow the way of Integral Yoga which includes Jnana (the yoga of right knowledge) Bhakti (the yoga of devotion) Karma (the yoga of selfless service) Hatha (the yoga of the body and breath) and Raja (meditation). Sivananda Ashram is not equipped to accommodate those suffering from a current mental health diagnosis or those coping with substance abuse issues or withdrawal. There is a strict policy of no alcohol or drugs on the premises, non-compliance will result in termination of your stay. We are strictly lacto-vegetarian and we have a no smoking policy.

### What You Receive

Your own comfortable, clean, fully furnished room with shared bathroom facilities. Bedding and towels. Beautiful garden surroundings. Free access to a varied program of hatha yoga in our beautiful yoga hall.

Access to our well stocked library of spiritual texts. Wholesome, vegetarian meals. A welcome into a working spiritual community. A structured program of jnana, bhakti, hatha and karma Yoga and a morning meditation program (raja yoga).

### CURRENT PROGRAMME SCHEDULE

(karma yoga is worked around this schedule and there is flexibility for work commitments)

9..00pm – 7.30am	Mouna (Silence)
6.30am – 7.30am	Guided Meditation – Mon to Fri
7.30am – 8.30am	Breakfast
12.30pm – 1.30pm	Lunch
2.00pm – 3.00pm	Residents Satsang - Tuesday
5.30pm – 6.30pm	Dinner
7.00pm – 8.00pm	Evening Program (Summer)
7.45am – 9.00am	Jnana Yoga Group - Sunday
6.30pm – 9.00pm	Kirtan Chanting - Sunday

### What you are asked to give

An attitude of kindness, receptivity and ahimsa or non-violence in word and deed. A minimum of 15 hours per week of karma yoga duties. A sincere commitment to attend and participate in the Ashram yoga program. Flexibility, honesty and a sincere and responsible attitude toward all tasks. Attendance at morning meditation. Noble silence between the hours of 9pm and 7.30am. (Where talking is necessary, we whisper during these hours) A respectful attitude toward the teachings of Swami Sivananda and Swami Venkatesananda. Adherence to the Ashram Code of Conduct <https://www.beaconyogacentre.com/ashram-stay> \$150/week paid fortnightly two weeks in advance. On Acceptance as a long-term resident you will be required to become a friend/member of Sivananda Ashram at an annual cost of \$60. There is a refundable bond of \$100.

Surname

First Name

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Mobile

Email

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Female  Male  DOB:

## Emergency Contact Details:

Surname

First Name

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Relationship

Mobile

Email

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What do you think is the purpose of an Ashram?

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Why are you applying for the program at Sivananda Ashram?

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Have you ever lived in a community before? Y/N If yes where?

What are your expectations of communal life? What will be the challenges? How will you manage them?

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What is your understanding of karma yoga?

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Do you have a spiritual practice?

Tell us about yourself including skills.

Do you have any chronic physical limitations or disability?

Do you have a current mental health diagnosis?

Do you have any outside work commitments?

I accept that continuation in the program is at the discretion of the IYA Board and will be assessed on an ongoing basis. Two weeks notice can be given by either party. Rent is to be paid two weeks in advance by Direct Debit.

I apply for acceptance in the Karma Yoga Program at the Sivananda Ashram.

I agree to abide by the IYA Ashram Code of Conduct and support its Objects.

How long would you like to stay?

Date of arrival

<input type="text"/>	<input type="text"/>
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Signature

Date

<input type="text"/>	<input type="text"/>
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